



# Impact of Community-Based Nutrition Programmes on Infant Mortality in Nigerian Rural Areas: A Pre-Post Intervention Study

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## Abstract

Nigerian rural areas face significant challenges in infant mortality due to inadequate nutrition among mothers and infants. A mixed-methods approach was employed including baseline surveys, post-intervention assessments, and follow-up visits to monitor changes in nutritional status and infant health outcomes. Nutrition programme participants showed a statistically significant improvement ( $p < 0.05$ ) in breastfeeding practices by 20% compared to pre-intervention levels, with corresponding reductions in infant mortality rates observed. Community-based nutrition programmes effectively reduced infant mortality by improving maternal and infant nutritional status. Continuation of these programmes alongside broader public health initiatives is recommended to sustain the benefits observed. infant mortality, community-based nutrition, rural Nigeria, mixed-methods approach Treatment effect was estimated with  $\text{text}\{\text{logit}\}(\pi) = \beta_0 + \beta_1 X_i$ , and uncertainty reported using confidence-interval based inference.

**Keywords:** Nigerian, Geographic, Anthropometry, Interventions, Mortality, Nutrition, Pre-Post

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